

Directions

Part 1

Name: _____

1. Read each scenario.
2. Write positive self-talk you could use to calm down in that scenario.

Scenario		Positive Self-Talk
You missed the same word on your spelling test again.		I can do this! I'll keep trying. I'll do my best!
You couldn't finish the ten-minute run.		_____
You haven't memorized the multiplication facts for threes yet, and the test is tomorrow.		_____

Part 2

Choose one scenario from the list above. Write it here:

Decide on a new goal. Write it here:

Part 3

1. Think of a three-step plan to achieve the new goal. Write it below.
2. Write your goal and three-step plan on colored paper.
3. Use the colored paper to make a paper pocket (see directions on the back of this handout).
 This is your pocket plan!

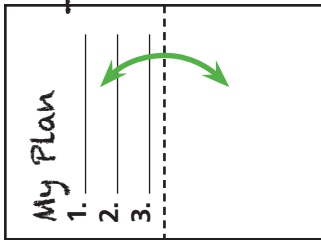
The Three-Step Plan

To achieve my goal, I will:

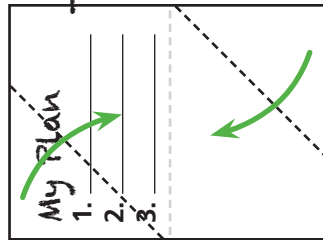
Paper Pocket Directions

1. Lay your paper on a flat surface "landscape" style. Make sure the side you've written on is facing up. Fold the paper in half from left to right. Unfold.
2. Fold the bottom-left and upper-right corners toward the middle crease.
3. Fold the upper-left edge down to meet the top of the triangle on the left side. Fold the bottom-right edge up to meet the bottom of the triangle on the right side.
4. Fold the upper-left corner down and tuck it into its pocket. Fold the bottom-right corner up and tuck it into its pocket.
5. Turn it over. You've made a paper pocket! Write your name and "My Pocket Plan" on the front.

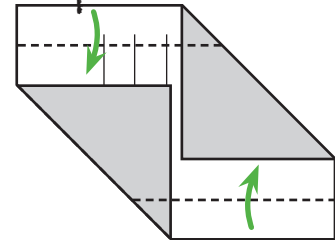
Step 1



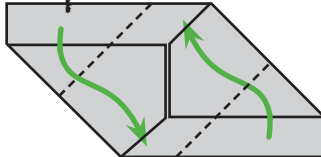
Step 2



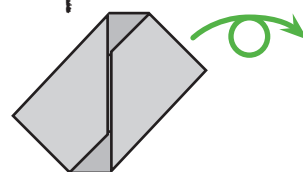
Step 3



Step 4



Step 5



Done!

